

| | | |
|--------------|---------------------|-------|
| <u>Arch.</u> | Hd. st. kn. sett. | |
| | T. backw. lean | (1-2) |
| | Wife raise | (3-4) |
| | A's cast to rd. | (5) |
| | T. ris to kn. st. | (6) |
| | Kn. sett. A's lower | (7-8) |

| | | |
|-----------|--------------------|-------|
| <u>X.</u> | St. T. swing from. | (1-2) |
| | : : sides. | (3-4) |
| | : : form. | (5-) |
| | : : toes + sh. | (6) |
| | Pause | (7-8) |

None. Hi. hang. 2 leg swing dismount.

Balance. (forms)

A rais. to sch. m. toe supp. form. (1-3)
 Inner + outer to rd. m. kn. rais. (4-6)
 Inner + outer to hi off. form.
 m. leg stick. backw. to toe supp. (1-3)

Hold

Walk 3 steps

Hold.

(4-6)

Agility. Star jump.

IV.

JAN. 15.

G.A. (Couples) Rq. gr. toe st. 6 steps s. (1-6)
6 steps from. (1-6)
1. lft. j. + 1. lft j. away (1-2)
Repeat all together.

Arm. Bd: A. stretch s. (1)
pause (2)
A. bend (3)
Repeat. (4-5-6)
A. stretch .m. (1)
pause (2)
A. bend. (3)
Repeat. (4-5-6)
Jll. A. stretch. d. (1)
A. raise s - side (2-3-4-5-6)
Finger bent in stretch. + A. to rd. (1-2-3)
Cest in rd. to bend. (4-5-6)

Legs Dpp'g m. alt. toe touch'g sides. (1-4)
Jll. by 2 legs m. alt knee lift (5-8)
→ running steps from. + leg (1-4)
swing free leg from. (1-4)
2 running steps backw. (5-6)
+ 2 x jumps.

Lat. Bd st. - T. flex s. (1-3)
T. bend opp. A. beat'g s. (4)
Repeat (1-4)(1-4)
T. raise m A. bd. (1-2)
A. d. to beat sides (3)
Repeat Bd. st. (4) *(2x)*

Ahd. Ch. sitt. - 3 ten beats (1-2-3)
 Kn. stick to oblique - pause - (4) (5)
 Blk. ly. (6-7-8)
 Kn. bd. + stick oblique. (1-2)
 Lower (3-4)
 Bend (5)
 Ch. sitt. (6)
 Pause (7-8)
 Repeat.

Arch. Prone ly (fists forward)
 T. bend. blk. + lower m. home beat (1-4)
 String beat (5)
 A's just to end. (6-7)
 Return (8)

X. Str. st. Quick T. f. bend. + unk (1)
 Pause (2)
 Repeat. (3-4)
 Pause (5)
 Jump ft. together (6)
 T. stay. (1-4)
 (Return on 4)
 Pause (5)
 Jump to str. (6)

Vene. Bass. st. 2 Kn. bd. (1-2)
 Stick (3-4)
 2 kn. bend back. (1-2)
 St. pos. (3-4)

Ability - keep the gap.

IV.

JAN 22

C.A.: Form + backm. marching.

Ans: Alt. A. lift to rd. m. H. turn (1-2)
M. + rt.

Alt. A. move to swing m. H. " (3-4)
H. form. turn
(5)

Pause
(6)

A's answer
(7)

Pause
(8)

Leg. (Chain gr.) st - leg m. form. m.
heal beat. (1)

lower + raise m. the beat. (2)

leg swing backm. (3)

leg swing form. (4)

Repeat. (5-8)

Lat. To rd. to km. quick twist long sitt.

T. ld. form. + downm. + T. step.
m. hammer beats. (1-4)

Stronger beat + T. rais. to twist (5-8)

fall. by T. twist (range) (1-4)

A. lower + strike fist opp.

A. cast to starting pos. opp. side.

Ahd. Cr. bk. by.

Km. stick slightly up.

Legs lower m. stiff km. (5-7)

Return to start. (8)

Arch. Forms - Wrist support or th. by -
R. + ch. lift + lower.

X. Bars - Reverse hang.

Leave. Couples - forearm support. Forms.
Uppeing for height.

Agility. Jumping in 3's.
Leap the gap.

IV.

JAN. 29.

C. A. Four wheeling.

Ackm. Hh. sitt. Alt. + double A. (1-2-3)
stretch'g up.

Teg. Toe st. - 3 skips from. + 1 hbj. (1-4)
Bob. j. m. by turn (5)
full. long 3 skip stick sidem. (6-7-8)

Lat. (Forms) Bd. side sitt. -T from sidem.

Mhd. (Forms) Crouch jg.

Arch. Hd. rest. knee sitt. -T. braham. down (1-2)
Hips lift (3-4)
A's cast to rd. (5)
T. mis. to kn. st. (6)
Change to kn. sitt. m. A. lower (7)
Hd. rest. (8)

X. Reverse hang. Bass.

Neave. Bass. Complex. Upstretches for height
m. support.

A gility. Bass. Monkey jumps.
junk'g in 3's.

IV

FEB. 5.

G. A. Jones wheeling.

Atom. St. - Double A. stretch upon. (1-2)
fall. by. alt. leg swing. b. (3-4)

Leg. St. Shiffling from. (1-4)
Walk q. backw. (1-4)
Shiffling q. backw. (1-4)
Walk q. from. (1-4)

* 1st. St. A's stretch & alt. M. place sides. (1)
T. bend. M. (2-3)
Recover. (4)

2nd. Rock the dummy. (1-2)

Arch. Spine bend 'q. (1-2)

X. Reverse hang.

Decine. Bl. hi. hand 2 A. stretch. (slight)
ch to bk. hang. 2 leg swing
dismant.

Agility. Jump 'q. in 3's
monkey jumps.

Combine A. + Leg. in comb.

IV

FEB. 12

G.A. Single marching, free marching.

Mon. 2 A. stretch + swing various directions.

Lay. Hop. m. alt. toe touch'g a. (1-4)
full. lay 2 hops m. alt. turn. lift'g (5-8)
+ 3 running steps l.
+ hop swing free leg form. (1-4)
2 run. steps backw. (5-6)
+ 2 X jumps (7-8)

Int. Yd. toe touch a.

Pause

T. bd. m. m. A. move to bd. rest (3-6)
bunge m. single A. lower + H. turn (1)
pause (2)
side flex off. (3-4)
ch. Y. T. raised (5)
pos. (6)

Ahd. Bl. lay. - feet raise'g + lower'g (1-3)

Int. lay. Single file sh. 2 hops m. (1-4)
alt. leg swing'g sides.

Stretch.

Bl. lay - Ch. lift'g. (1-3)

X. (Complex) Bl. to bl. gape. st. (1-4)
T. bend form. + down. + down.
full. lay. st. - 2 A. sun a-w.

Bars.

Recess. Id. hi. hang + slow 2 A.
steck. - ch. to bk. hang +
2 leg swing dismount.

Intend. Bars.

Alt. leg support. side-
pend'g of T.

Running in 3's.

Step, hold, jump.

IV.

FEB. 19.

G.A. Run, run, leap.

Arm. A's swing'g $\frac{1}{4}$ hr + up. (1-2-3)

Leg. 3 hop steps to squat sitt. (1-4)

1st. Close st. side - bend'g. + (1-4)

Md. Long sitt. roll lt. + lt. + over. (1-4)

Int. Leg. Leg swing'g down + out. (1-4)

Arch. lt. sitt. Ch. miss'g + bawing. (1-2-3)

X. Str. st. Quick T. bend down + up. (1)

Pause (2)

Repeat (3-4)

Pause (5)

Jump lt. together (6)

T. spray. (1-4)

Pause (5)

Jump to str. (6)

Dance. Bass. Bd. hi. hang + slow 2A. (1-4)
stick. - ch. to lt. hang + 2 leg (5-6)
swing dismount.

2. Alt. leg. support side - (1-2),
bend'g 1/2 T.



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